

His 40 years of tireless service as a member of the Maryland House of Delegates, the House of Representatives, and the U.S. Senate strengthened our Nation and made a difference in the lives of countless Americans.

In Congress, Paul Sarbanes was respected by his colleagues on both sides of the aisle for his humility, tenacity, and brilliant intellect.

It was a source of great pride for me that his congressional career began in the same House seat which was held by my father years before.

All Marylanders can take pride in Paul Sarbanes' leadership as a defender of our American democracy on the Judiciary Committee and his tireless work to bring integrity, transparency, and oversight to Washington as chair of the Banking Committee.

May it be a comfort to Senator Sarbanes' children, Michael, Janet, and our colleague, Congressman JOHN SARBANES, and the entire Sarbanes family that Senator Sarbanes, Paul, is with his beautiful wife, Christine. They are together in Heaven.

May it be of comfort that so many mourn their loss and are praying for them at this sad time.

#### HONORING THE LIFE OF CHARLES "CHUCKIE" DABELLA, JR.

(Mr. THOMPSON of Pennsylvania asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. THOMPSON of Pennsylvania. Mr. Speaker, I rise today to honor the life of Charles DaBella, Jr., known to his family and friends as Chuckie.

Chuckie was a resident of Hastings, Cambria County, Pennsylvania. He passed away at the age of 52 this summer on June 29 after a devastating motorcycle accident.

Chuckie's sister, Charlene, said: "Chuck was an amazing soldier, brother, father, and son."

His military legacy is one that he and his family can certainly and forever be proud of. Chuckie was a retired Army infantryman with 13 years of service. He was with the 3rd Special Forces Group, a Green Beret, senior parachutist, and Army range qualified, earning the bronze German Armed Forces Badge of Marksmanship.

Chuckie was also the recipient of four Purple Hearts and the Bronze Star.

The pain that comes from the loss of a loved one never truly fades, but I want the DaBella family to know that they are in my thoughts, and my prayers are with them during this incredibly difficult time. We are proud of the service and legacy that Chuckie has left.

May God watch over Chuck, who left us far too soon.

#### MAKE SOUTHERN CHRISTIAN LEADERSHIP CONFERENCE BUILDING A NATIONAL HISTORIC SITE

(Mr. HALL asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. HALL. Mr. Speaker, I rise today to speak a truth, and that truth is quite simple. I stand on the shoulders of giants.

I hail from Atlanta, which is the home of the King Center, a place dedicated to the memory of Dr. Martin Luther King, Jr., one of America's greatest citizens. We honor him with a Federal holiday and memorial on our National Mall, just outside of this Chamber.

I am also the heir to the seat held by the late, great John Lewis. Congressman Lewis was by Dr. King's side, and Congressman Lewis dedicated his life to peaceful nonviolence.

Congressman Lewis was a beacon in this Chamber for the dozens of years that he served. It is one of the greatest honors of my life to be able to complete the term for which he was last elected and take the baton and bring his service across the finish line.

But I would be remiss if I did not use this opportunity to make sure their lessons are known for generations to come.

That is why it is critical that we make sure we preserve the buildings in metro Atlanta that give life to their work. We must establish the former headquarters of the Southern Christian Leadership Conference, where Dr. King did his work alongside Congressman Lewis, as a National Historic Site.

If we do this, we can do our small part to ensure that those who follow in our footsteps do so mindful of the example of these giants of the civil rights movement.

#### HONORING THE LIFE OF JIMMY ORR

(Mr. CARTER of Georgia asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. CARTER of Georgia. Mr. Speaker, I rise today to remember and honor Mr. Jimmy Orr of Brunswick, Georgia, who recently passed away after a long and impactful life.

Jimmy was a gifted athlete who excelled in basketball, baseball, and football in high school and went on to attend Clemson University on a basketball scholarship.

He later transferred to the University of Georgia to become one of the Wally Boys, which was a term used for those who played under football Head Coach Wally Butts.

During his junior year at the University of Georgia, Jimmy was initially drafted by the Los Angeles Rams and was later traded to the Pittsburgh Steelers after graduation.

His exceptional performance made him an easy choice for United Press International and Associated Press Rookie of the Year in 1958.

After Jimmy's outstanding 13-year career with the NFL, he eventually led several successful business ventures before retiring to the Georgia coast, where he held a successful golfing record.

He was not only an amazing athlete; he was a loving father and husband, a wonderful friend, and a generous philanthropist who impacted the lives of countless individuals.

I am thankful for Jimmy's many years of representing Brunswick well, and I know his legacy will continue for many years to come.

#### EDUCATE PEOPLE ON BENEFITS OF VITAMIN D

(Mr. GROTHMAN asked and was given permission to address the House for 1 minute.)

Mr. GROTHMAN. Mr. Speaker, I have spoken on vitamin D a bit in the past, and I know we are on the verge of passing another coronavirus bill.

I would ask people negotiating that bill to do something to make sure that the public is aware of the benefits of vitamin D.

Yesterday, I talked to a Dr. David Meltzer at the University of Chicago, a very brilliant man, and I hope some of the negotiators talk to him before a final deal is cut.

While he cannot nail down a specific amount of people who will not have to suffer the severe consequences of vitamin D deficiency, or even die at the hands of vitamin D, it is probably somewhere between 40 and 70 percent. Right now, about half of Americans have a vitamin D deficiency. That is going to get worse as we head into the winter months and people are not outside getting vitamin D.

So, I strongly request the negotiators to do something to make sure that we stand up to the public health establishment and educate people on the importance of vitamin D and see what we can do about getting products to the market which accelerate getting vitamin D into your bloodstream, because even if you start taking vitamin D tomorrow, you don't get the level that you should have for quite a while.

I am encouraging the negotiators to talk to Dr. David Meltzer, who will also fill you in on studies from Ireland, Spain, MIT, Harvard, and Northwestern.

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#### RECOGNIZING LIEUTENANT COLONEL AMANDA NAYLOR

(Mr. WALTZ asked and was given permission to address the House for 1 minute.)

Mr. WALTZ. Mr. Speaker, today I rise to recognize someone very special on my team, a real-life superwoman, a